

SCHOOL FOR HOUSEWIVES

By Marion Harland

HOUSEWIFE'S EXCHANGE

E. M. B. asks: "Is there any good left in soup meat that has simmered for four or five hours?" By "good" I presume nutriment is meant. Your answer, "None, if the cooking has been properly done." Doctors say that soups are stimulating, but have very little nutritive value. Where is the nutriment of the meat? Will you kindly explain?

M. R. R.

There may be a little nutritive value in soup that has been strained and cleared. There is much in broth properly prepared. The meat should be minced to begin with. The cold water added upon the broken fibres, softens and inclines them to yield up their nourishing qualities. As the water heats slowly, these are gradually drawn out. Beef tea and other bouillons, when left to settle after they are cooked, show a heavy deposit below the clear liquid. This is strained out and thrown away when a clear soup is required. In fact, it represents the extracted strength of the meat. Combined with vegetables, barley, (apices), rice and other cereals, it is made into broth. The broken fibres, after they are boiled and squeezed, are hardly more nourishing than so much cotton soaked in weak stock. Of course, it is impossible to take all the elements that represent nutriment out of them.

This is the reason why physicians give the opinion you quote. Bouillon, consommé, meat teas—all that come under the head of clear soups—stimulate the stomach and prepare it to assimilate food. We must look to unstrained broths for real nourishment.

I HAVE read so many and varied directions how to get rid of those terrible pests—bed bugs. I at last thought it my turn, especially as I know how to get rid of them.

"Bugs" is not a pleasant theme, but—bugs are not pleasant companions, either! The trouble in nearly every case where people are so troubled with them is, they are not thorough enough and they do not stick to it closely enough. When one sets out to exterminate bugs, she must keep at it till the last bug is gone, and a while afterward to be sure. Common kerosene, or some call it coal oil, is the stuff to use—lots of it, wherever there is a chance of there being any bugs. Other things that kill bugs are usually high priced, and sometimes hard to get. Coal oil we have always with us. It is cheap and handy and leaves no stain behind. It will evaporate and leave no smell by night if used in the morning. I have used it several times and cleaned out many a house that was fairly alive with the "things," and three months will do it every time. I often used a quart on one bed and springs, but it went everywhere: back, front, top and bottom. A cloth tied to a stick and a quart can of oil are my weapons. They never fail me, and I know of many others who have used it with success. Of course, you cannot print all this lingo for the benefit of people who have bugs, but I will make this offer. I know that I can explain so any one can get rid of the pests if she really cares to. So you may say in your column that if any one will send me a stamped and addressed envelope I will write a friendly letter and explain how to get rid of bugs and what to use. One might think I have something to sell, so tell them I have not. I am only interested because I know how to sympathize with one bothered with the malodorous pests.

I started this letter intending to tell you in a few words, but found out I couldn't, so I make this offer. Now suit yourself; either print my offer and let people write to me, or throw this into the waste paper basket. Any way will suit me. I have done my duty.

Now, here is another idea: Last year I had more jelly than I had glasses for, so used some other things and simply tied a piece of newspaper over them. All that had newspaper over it kept nicely, and no mold—the other didn't. So about Christmas I took each jelly glass, and after taking off mold put newspaper over it, then the cover. It has kept nicely. Others have found the newspaper far nicer than the paraffine. What is the virtue of printer's ink?

L. M. C.

Nearly all housekeepers know that there is something in printer's ink that keeps moths at a distance. For many years I have wrapped woollens in newspapers when putting them away for the summer, pinning the papers closely about the articles to be preserved, and often using no other safeguard against moths. The same properties in the ink may be obnoxious to more minute destroyers of housewifely peace. The germs of mold belong to a lower organism than visible insects, and may be more easily acted upon than moths.

The suggestion is worthy of consideration. Will some chemist give us an analysis of printer's ink?

SHOULD the waitress or waiter pass plates to the right or left of each person at table? And from which side should they be removed?

(2) In serving vegetables, should the dish containing them be presented at the right or left? Furthermore, if the meats and fish are sent to the table carved, should the vegetables peculiar to each course be placed on the plates with the meat or fish, excepting such vegetables as are served with dressings of cream, etc., which are served on individual vegetable dishes?

(3) Is there any difference between the English etiquette and that of the United States?

(4) At what time are the entrees brought in at a course dinner?

(5) When is the celery served?

INQUISITIVE.

(1) The waiter sets down a full plate from the left of the person to be served, and takes up an empty plate from the right.

(2) From the left. "Individual dishes," otherwise known as "saucy plates"—otherwise, and sarcastically, as "bird baths"—are no longer used by well-bred people for vegetables. The custom was always absurd and brought down upon us much ridicule from foreigners. Happily, it is now so nearly obsolete that one rarely finds it in force except at back-country hotels.

(3) Vegetable dishes are passed to each eater, whether the meats be carved on the table or not, and each transfers a portion to his own plate, or refuses it, as his tastes incline him to act.

(4) The general rules are the same in both countries.

(5) Before the heavier roast—the "piece de resistance," as the French name it. An entree, following the fish course, is supposed to lead up to the main business of the meal.

(6) Celery is passed informally at any time after the fish goes off and the sweets come in. The same may be said of olives, salted nuts and other "hors d'oeuvres"—literally "out of work." They are the playthings of the diners.

CAN you inform me how I can cure some wings just taken from a partridge? They are unusually pretty, and I would like to use them without much expense.

E. G. R.

Will some amateur taxidermist send in a reply?

SOME NEW RECIPES

Our old and much esteemed correspondent, "C. P.," sends a trio of economical recipes:

STEVE OF LAMB OR VEAL.

BOIL the meat in the usual manner and add one onion. Thicken the gravy with three parts flour and one part curry powder, or to your taste. Curry powder can be had in groceries, 15 to 25 cents a bottle, according to size. Or, when the meat is done, mix with the thickening a little spiced vinegar, if you have it; if not, plain vinegar. Cut up in it a few pickled sour onions; let it boil up, then stir in a small lump of butter. Serve very hot with plain boiled potatoes.

(By the way, don't throw out the bones from fried or roasted meats. Put them into the soup or stew kettle. They are a great addition.)

C. P.

BAKED FISH CHOPS.

BUY lean chops. Have them cut an inch thick. Dip them in fine bread crumbs, seasoned with salt. A dip in egg and milk first is all right, but eggs cost a good deal now and can be dispensed with. Press the crumbs on firmly; put the chops into the frying pan, in smoking hot fat. Let them brown on both sides; then put them on a tin plate and bake for fifteen minutes in a moderate oven. Now pour the grease from the pan and the bread left there. Add milk and let it boil a few minutes with a bay leaf; thicken with browned flour, strain and season with salt and butter. Pour over the chops.

C. P.

CHERRY AND NUT SALAD.

PRESERVED cherries that have been put up without pits or home-canned cherries are used for this purpose. Still prettier are maraschino cherries, such as go into cocktails. Drain off every drop of juice before tucking into the middle of each cherry, in the cavity left by the stone, the kernel of a hazel nut previously blanched by lying in boiling water for a few minutes, and then stripped of the skin. The kernels should be perfectly cold and crisp before they go into the cherries. Set the prepared cherries in the ice until you are ready to serve the salad. Line each plate with lettuce leaves, heap a few spoonfuls of the nutted cherries upon these, and pour a good mayonnaise over them.

A novel and delicious luncheon, or supper dish, and very ornamental.

American Girl—Number Seven

INFORMATION FOR PARENTS

MY LITTLE girl is 6 years old. She bites her nails down to the quick, and it makes her fingers very sore. Her father's mother does the same, and her fingers are like cushions. I fear my little girl is going to be as bad. Can you tell me of something to put on them that will stop her from biting them, and yet will not hurt her if she should put it into her mouth?

A MOTHER.

Wet a little quinine or salicin to a paste with water and rub it well into her nails. Let it dry before you release her fingers. They will soon go to her mouth, and come out sooner. Repeat the application should she suck it off. After a few nibbles she will learn that nails are bitter, and leave them alone. If, as sometimes happens, she persists in sucking the finger-tips until the nails are free of the bitter taste, sew up her hands in bandages as if they were sore. Make her comprehend that she must wear the bandages as long as she persists in gnawing her nails. The trick is probably hereditary. All the more reason why you should resolutely set about breaking it up. Serious intestinal disorders sometimes result from swallowing the fragments gnawed off.

WHEN I read the letter signed "G. B.," my husband said: "Answer that for perhaps you can help her." I am not an old lady giving advice. I am not yet out of my twenties, am married and I believe the happiest wife in the circle of my acquaintances. I have a dear, good mother—God bless her! I was one of the girls that always had mother near her; I was always protected and shielded by my parents, and I am very thankful for that protection. I never went with young men till I left school. Mother said: "First education, afterward pleasure." When I first went away to school some of the girls offered to tell me how to act when I was "with boys." I never went out driving with men without a third person. It was not because I could not be trusted. It was the ever-present, tender protection of the only daughter. My first kiss was the one of betrothal, placed on my lips by my lover at the time I promised to be his wife. Even after that the dear mother guarded very carefully her daughter, and when the betrothed came to visit me (he lived in another State), he would first greet the mother, then the sweetheart. He says he will never forget the daughter in her home.

I was married six years ago, six happy years! And for some reason the husband is still a lover. He is never jealous and has perfect trust in his wife. Very often he says: "Bring our girls (for we have a daughter) up just as you were brought up, to be some good man's treasure."

I do not mean to be severe, but young men have high ideas, and when it comes to choosing a wife they select the most particular girl they know. Keep your standard high. You don't need to be a prig, but be loyal. A girl who is loyal to the dear mother who has had twenty-four years of care over her child deserves all the love and loyalty that can be given her. Then should a husband come anytime, he can rely always on the faithful daughter.

Be very careful of your friends. A girl can't be too careful for no doubt numbers of friends and acquaintances are watching you to see if his "past" will make your standard less high. The mother always has your interest at heart. Trust her. I am speaking from experience, for I am the daughter of the dearest father and mother, the wife of the most loving husband, and the mother of the sweetest little daughter! Surely I am thrice blessed.

"Always love God and trust your mother" is the counsel of one who knows. A loving daughter, wife and mother.

"MOTHER'S CHUM." G. B.

This letter has the ring of sincerity, and every word in it is "fitly spoken." Happy the mother who has such a daughter, the husband who has such a wife, and the baby who has such a mother! A mother's girl, a mother's wife, and a mother's mother, from those who have gone over the perilous road so lately that every turn is fresh in their memories.

FOR the benefit of the many mothers who have written to you asking you to take up the question of home study by children:

I want to tell you that at the last meeting of our Parents' Association of the Normal School of Philadelphia a paper was read by Mrs. Paschal Cogging, the president, on the question of home study, and the carrying of many books by children. She supplemented the paper by extracts from an article in the Atlantic Monthly, written by a physician, to the effect that home study, meaning the present system of compulsory home study, was injurious to most, if not all, children, and pointing out its serious effects upon the eyes. The book-carrying was also condemned. At the close of the reading, and discussion of the points brought forward, a committee of three was appointed to appeal to the Board of Education to have compulsory home study abolished, and also to have the curriculum modified. To make our protest effective, we want the support of every parent and physician who agrees with us in this matter.

As a member of that committee, I would be very glad to have the name and address of every parent who has this cause at heart. It is a work for parents, not for teachers. The support of physicians in the movement would be especially appreciated.

K. D. R.

When a general alarm is sounded, it proves that danger is great and imminent. At such a time every good citizen should do his best to lessen and, if possible, to overcome that danger. I shall esteem it a high privilege to be the humble instrument of helping forward the reform that has engaged so much of the time and the thoughts of the readers of this department within the last few weeks. I am simply the collector of signatures to the protest mentioned above. I give here the address of the writer who presents us with a definite plan for abating a great evil.

Mothers, teachers and all whose interest in this matter is strong, are requested to send in names and addresses without delay to Mrs. Kate D. Barr, 225 Queen Lane, Germantown, Philadelphia, Pa.

HERE is something each of us can do for the protection of our children and our neighbors' children, and for the good of the country, the work of which is to be carried on by men and women we are now educating.

An Ohio teacher, one whose heart has not been hardened by routine and contract-education, shall now have her word:

Seeing in this paper such a strong protest by mothers against home study, I feel it my duty as a teacher in the public schools to say a few words, at least if you will allow me.

I agree with the mothers whose letters I have read, that it is abominable for a child of six, seven or even eight to carry books home for study. Not one book leaves my room at night unless the children ask permission to take them home, and that is very seldom, for they know that I prefer the school study. I emphasize their playing at home and during intermission in school hours. If the weather is at all desirable, I insist that every one leave the room, leaving all their care of study behind, if only for a few minutes.

Oh, that every teacher might feel as I do; that is, these little bodies and minds are too weak for all work and no play. My heart aches for the fond mother whose little darling was urged on to its death by unthinking teachers. Mothers! go to the teachers, plead with them for your children's sake, and many of them will see the folly of this wretched home study for more babies.

About a child leaving the room—I have not taught school a year yet, but nine times out of ten I can tell by the expression on a child's face whether or not it is necessary for him to leave the room. It is cruel for a teacher who knows that it is necessary and then heeds not! My heart is so full of sympathy for these fond mothers (for I have one of my own) that I cannot say enough, but pray, don't urge your child to study and learn at the age of three. Every sensible teacher would rather have them not know so much. It is easier to teach them, and they develop more quickly in their school life when not taught too young.

I am living in the hope that some of the teachers of these mothers' little ones may see this letter and abandon that foolish idea of home study.

E. H.

WE HAVE lived in a new house for the past four months. I have never had a decent cup of coffee. We have tried different kinds to no avail. It has a black, greasy color, even when an egg is used. Could you or some of your readers tell me the cause of this? It has caused me a lot of worry. I have tried everything and bought a new coffee pot. When I make the coffee, I always use boiling water and never let the coffee boil—just simmer.

ONE OF YOUR READERS.

Why boil—or even simmer—at all? I have used the same patent of coffee-pot for over ten years, and have uniformly clear, black coffee after dinner. Given a good brand of coffee, boiling water, just proportions of each—and the result should be inevitable. I make coffee upon the breakfast table as I make tea for my family, measuring water and coffee every time, and never think of failure. Boiled coffee is proverbially uncertain, unless one is willing to give it undivided attention from first to last.



MALCOLM A. STRAUSS.

This is the Seventh of the Malcolm Strauss Series of Ten American Girls Each Representing an American City